

Atlantic Crossroads

Vol. 11, No. 26 • June 30, 2006 | Lajes Field, Azores, Portugal | In the Fight!

Utilities shop

Senior Airman Jeremy Morton feeds Airman 1st Class Anthony Suk cable to snake out a sewer line. See more on pages 6-7. (Photo by Guido Melo)



Superman Returns

AAFES offers free prescreening Saturday

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Upgrade for dependents of deployed, Space-A tips

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Lajes Weather

Saturday

Partly
cloudy
High 73
Low 66



Sunday

Partly
cloudy
High 75
Low 66



Weather courtesy of the 65th OSS weather flight

Lajes in the Fight

Space Required Pax Handled:
1,736
Space Available Pax Handled:
1,108
Cargo Tons Handled:
256
Mail Tons Handled:
20
Originating Shipments/Pieces
Handled:
198 / 256
Terminating Shipments/Pieces
Handled:
269 / 2,140
Aircraft Handled:
165

(For May 2006)



USAFE leaders send Independence Day message

RAMSTEIN AIR BASE, Germany (USAFENS) — *The following is a joint message from Gen. Tom Hobbins, Commander, U.S. Air Forces in Europe, and Chief Master Sgt. Gary G. Coleman, USAFE Command Chief Master Sergeant.*

Every year on this date, we gather with family and friends to commemorate the anniversary of the signing of our Declaration of Independence. We celebrate the men and women who, more than two centuries ago, took up arms to fight for their freedom. The Fourth of July is a unique holiday—the only one celebrating our nation as

a whole. As our nation's birthday, Independence Day represents, according to former President Ronald Reagan, "the birth of patriotism."

The unmatched drive and determination that possessed our founding generation still fuels the American spirit today. Our American military has been called on to serve and sacrifice around the world in the name of those ideals that first inspired us—hope, human dignity, justice, freedom. Airmen, Soldiers, Sailors, and Marines have been successful in that service all over the world. Because of their sacrifices, we have

accomplished major victories in places like Afghanistan, where citizens held the country's first democratic presidential election in October 2004, and in Iraq, which held free elections in January 2005. Despite the accomplishments that have been made, much work has yet to be done.

We have approximately 2,100 USAFE Airmen deployed to locations around the globe, separated from family and loved ones. Without their, and our, continued commitment to the effort, oppression and violent extremism would go



unopposed.

How and when our fight against terrorism ends remains to be seen, but our nation's history

proves dedicated warriors are willing to risk everything to defend freedom.

The Fourth of July has become a family day. As you enjoy the summer activities, stay safe and watch out for one another. Revel in the time you spend together with loved ones, and remember that it was bought at great cost, and that we continue to pay the price to ensure freedom's future.

Reflecting on more than just independence

By Chief Master Sgt. Brian Hornback

455th Expeditionary Maintenance Group

BAGRAM AIR BASE, Afghanistan (AFPN) — What you do this Independence Day probably depends on who you are. The Airmen, Soldiers, Sailors and Marines deployed here will probably go about their day just like any other.

We'll put on a uniform and go to work doing the hundreds of vital jobs that we do every day. Most of us will work somewhere near 12 hours, some more. We probably will get a break or two to run to the dining facility, inhale a meal and quickly return to the job to make sure we do our share. And most of us will put on a smile and be professional in every task because that is what we do.

However, somewhere in the midst of

the myriad tasks we have to do, we need to take a moment and consider what others around the world might be doing July Fourth. Our families probably will celebrate our American independence with a picnic or barbecue. They will have time to relax and watch the children play in the yard. Maybe some of them will catch a ball game or go play at the nearby lake. Although those deployed won't be home to share in the celebration, we share that sacrifice with our families.

In many places, the celebrations will center not only on the history of our nation but also on the sacrifices made by this great nation's military members to preserve the freedoms upheld as rights, not privileges. So far I haven't stated anything most of you don't already know, but sometimes it's good to look at the obvious, and sometimes it's good to look a little deeper.

At other places around the world, countries will do the same thing those deployed will do on the Fourth of July. They will get up and go to work. They may choose to go to a church or watch a futbol game. Although most will not celebrate or recognize independence, whole nations will benefit from the strength and commitment of men and women who protect and defend the United States. They will receive the gift of a commitment to the ideals of freedom that U.S. forces all over the globe present to them every day.

So on this upcoming Independence Day, reflect on the freedoms we have earned and the freedoms you provide — not only to your friends and family, but to nations all over the world. Then take a moment to be proud and accept the gratitude of our nation on behalf of all those around the world whose freedom we protect.

Crossroads

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AAFES offers prescreening of Superman Returns

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

The Army and Air Force Exchange Service has partnered with Warner Brothers to offer a pre-screen showing of *Superman Returns* at the theater.

Lajes personnel and their families will be treated to a free showing of *Superman Returns* Saturday at 7 p.m. Doors will open at 5:30 and tickets will be available on a first-come, first-serve basis.

"I am thrilled that Lajes is one of only two bases in AAFES to have a prescreening," said Stephanie Burns, Azores Exchange general manager.

The showing will be only 2 days after the movie is released in the states and 13 days before it is released to USAFE, according to Mrs. Burns.

"AAFES strives to be a valued part of our community and improve our services offered at our remote location," she added.

Mrs. Burns has been lobbying for Lajes to get early release movies because of

Lajes' remote location. This is the third movie in a year they have been able to offer Team Lajes. The first was *Wallace and Grommit* which played Christmas Day. The theater also received *War of the Worlds* early as well.

It is rare that movies are shown in USAFE so shortly after their theatrical release date, Mrs. Burns explained. "Normally they do it for deployed troops in a war zone," she said. Her persistence has

paid off for Lajes. Lajes Field and Camp Anaconda, Iraq are the only AAFES theaters to receive the prescreening.

"We expect a great turnout," she added. Face painting and Superman trivia will be available while people wait for the movie. Additionally, the theater will open two lines for concessions.

"(Sales Directorate Food and Theater) continues to work with the motion picture industry to provide de-

ployed troops and those stationed at remote locations the best entertainment available," said Jon Walters, Motion Picture Program Manager.



Arena Bullfight

Matador Ivan Garcia during San Joaoninas 2006 at the Praca do Toiros in Angra do Herismo. (Photo by James O'Rear)

Good to Know

Base In-Processing

All new members who arrive at Lajes must in-process the base through the military personnel flight prior to attending Right Start. If a member arrives on Sunday they are required to in-process at 10 a.m. on Monday and if they arrive on Tuesday they are required to in-process at 2 p.m. on Wednesday in the MPF basement (Old Barber Shop). Due to the 4th of July holiday, a combined inprocessing is scheduled for Wednesday for personnel that arrive on the Sunday and Tuesday flights.

Members must also file travel vouchers within 5 duty days of arrival. Someone from the Finance office is present during the MPF Base In-Processing to prepare and process new arrivals travel vouchers. For more information, call 535-5143, 535-3250 or 535-4125.

Services feedback

A new system allows people in the Lajes community rate the service they receive at services facilities here.

The Interactive Customer Evaluation system allows customers to submit online comment cards.

It is designed to improve customer service by allowing managers to monitor the satisfaction levels of services provided through reports and customer comments. ICE provides the following benefits:

- Allows DoD customers to quickly and easily provide feedback to service provider managers
- Gives leadership timely data on service quality
- Allows managers to benchmark the performance of their service providers against other DoD organizations.
- Encourages communication across organizations by comparing best practices to increase performance results.
- Saves money

Currently the Lajes Services facilities are using this system. To rate products and services, customers should go to the following website and log in at: <http://ice.disa.mil>

For more information, call Tommy Brooks at 535-6324.

U.S. gives Azores million euro-science station

The estimated \$2 million (1.6 million euros) Pico-Nare atmospheric monitoring station, located at the summit of Pico Mountain, was donated Thursday to the University of the Azores at a ceremony held in Ponta Delgada.

Since its creation in 2001, the station has been primarily funded by the U.S. National Oceanic and Atmospheric Administration with transport and material support provided by the U.S. and Portuguese Air Forces.

Funding from NOAA and via the 1995 Lajes Agreement on Cooperation and Defense will allow the station to continue functioning during its transition from U.S. to Azorean ownership. In fact, transfer of ownership of the station to the Azores repre-

sents the largest single cooperative initiative related to the USAF air presence at Lajes since the 95ACD went into effect.

The station is also one of the most successful cooperative science and technology projects between the U.S. and the Regional Government of the Azores since the implementation of 95ACD. Much of the data collected at PICO-NARE is unique in the international scientific community. According to K.G. Moore, Vice Consul at the U.S. Consulate in the Azores, "Pico-Nare is an excellent example of the ongoing, productive partnership between the U.S., the Regional Government of the Azores and Portugal.

The success of the station also shows the increasingly

global importance of the Azores in the science and technology fields," he said.

As the original funding support for the station neared completion, but the American Consulate, in conjunction with the RGA, University of the Azores and the Institute of Meteorology, brokered an agreement on cooperative support whereby the station could continue to operate. According to the Vice Consul, "without funding under the 95ACD, and significant commitments of support from NOAA, the RGA and University of the Azores, the station would have been taken down. In addition to the NOAA grant, financial and operational support through the 95ACD proved to be a deciding factor in keeping the station running

and moving it to 100 percent Azorean control. This project shows once again that hosting an American base in the Azores continues to be mutually beneficial."

The University of the Azores will operate the facility with support from the Regional Government of the Azores and in cooperation with the Portuguese Institute of Meteorology. Eventually, the station should become part of the Global Atmospheric Watch, a United Nations-sponsored network of more than 20 observatories worldwide that provide high-quality atmospheric data to the scientific community.

For more information visit: <http://www.cee.mtu.edu/reh/pico/>

AF standard desktop configuration approaches USAFE network users

By Capt. Jennifer Lovett
USAFE News Service

U.S. Air Forces in Europe is charging forward with the Air Force initiative to standardize all Windows-based computers by Dec 31. This change will provide every USAFE network user with a standard PC configuration and enhance network security.

Desktop standardization is not new to USAFE users — USAFE implemented the Standard Integrated Desktop over 24 months ago. "We have gained significant lessons learned from our experience that will aide significantly in this Air Force project, called the Standard Desktop Configuration," said Master Sgt. Kelly Burkhard, USAFE Computer Systems Squadron, Section Chief, Technical Support Branch.

Although the SDC significantly alters the configuration of the computer soft-



ware, the transition will be relatively "painless". Users may notice minor changes in the desktop environment and upgrades to common use applications. Additionally, the SDC will remove administrative privileges from the normal user and prevent unauthorized downloads, upgrades, and software installations.

USAFE SDC implementation goals are: 15 percent command-wide by Jul 31; 70 percent command-wide by Sep 30; 100

percent command-wide by Dec 31.

Users are not required to prepare for SDC; however some precautions are advised. "We recommend network users ensure all data to include .pst files be stored within "My Documents" in user profiles and create a back up," said Sergeant Burkhard.

Immediate manual installs of the SDC will be required for workstations that are currently exempt from the USAFE SID where exempt applications are compatible with the SDC. USAFE is engineering an automated tool to be used for all other workstations. This tool will run after duty hours. Affected users will be notified in advance to allow time for backing up data.

AF information technology officials said all Air Force bases should be operating with SDC by December.

For more information on AF SDC, go to <https://afecmo.gunter.af.mil/>.

Congratulations to Maj. Paul Pellegrino, 65th Logistics Readiness Squadron who was selected for promotion to lieutenant colonel.





Space-A upgrade Dependents move up while spouse deployed

By Staff Sgt.
Christin Michaud
65th ABW Public Affairs

Command-sponsored dependents are now eligible to fly in a higher category on Space-Available flights while their spouse is deployed.

In the past, command-sponsored dependents flying unaccompanied on Space A were in category 5.

Under the new initiative, dependents whose spouse is deployed for 120 days or more are eligible for a Space-A upgrade to category 4 for one roundtrip flight during the deployment.

"This change will benefit the command-sponsored spouses by allowing them to travel in the same category as unaccompanied dependents traveling under the (Environmental Morale Leave) Program," explained Senior Master Sgt. Eric Davis, 729th Air Mobility Squadron superintendent.

"Therefore, the spouses get to travel without having to use their EML entitlement, and can save their EML entitlement for when the deployed member returns," he added.

Carrie Silvia used the upgrade to fly back to the states for two weeks while her husband was deployed.

"It was really easy to get the paperwork," she said. It was no problem at all and she had what she needed right away. When her husband deployed, they were within six months of PCSing and would have needed a waiver to apply for EML so the upgrade was beneficial to her.

"It's a nice idea since you don't have them here -- it allows us to go home instead of being stranded here," Carrie said.

"Although the upgrade is only a one category upgrade, that advantage can and has been the difference between being selected for a flight or not being selected for a flight," stressed Sergeant Davis.

Travel is authorized between overseas and the CONUS, and overseas-overseas within the same theater.

Command-sponsored dependents may sign up for Space-A travel up to 10 days prior to the sponsor's deployment.

Dependents must present a verification letter to the personnel at the terminal when they sign up for Space-A.

The command-sponsored dependent verification letter is available from the active-duty member's squadron command section.

For more information on Space-A call the passenger terminal at 535-3227.

Tips for Traveling Space A

✍ Plan your trip, be flexible, be patient. As a rule of thumb, military ports offer more travel opportunities than commercial gateways (travel chances are better to Europe from Dover AFB Del., than Baltimore-Washington IAP).

✍ If possible, travel at off-peak Space-A travel periods (peak periods are the summer months after school is dismissed and Christmas holiday season). Historically, February-March and October-November are low travel periods.

✍ Be as flexible as possible in choosing a destination. If you want to get to Ramstein AB, Germany, consider a flight into Spangdahlem AB, Germany, or even RAF Mildenhall, United Kingdom, as an alternative. At RAF Mildenhall, try for another flight bound for Germany.

✍ There is a head tax on CONUS outbound or federal inspection fee on CONUS inbound international commercial charters.

✍ When traveling Space A with young children, prepare for possible delays along the way where baby supplies may not be readily available. A good supply of games and books is also recommended. Be aware that a baby's ears, like adults, are sensitive to altitude pressure changes.

✍ Space A is just that -- space that is available after all mission requirements are fulfilled. Military aircraft are subject at all times, first and foremost, to DoD mission response.

Selective reenlistment bonus changes for 14 specialties

WASHINGTON (AFPN) — Air Force officials have announced changes to the selective reenlistment bonus program.

A message from Headquarters Air Force, dated May 24, 2006, indicated changes to the program for 14 Air Force Specialty Codes. Those changes follow a thorough review of the SRB program, and are part of the Air Force's ongoing force-shaping effort, the message said.

Changes were made to the following selective reenlistment bonuses:

Added, effective June 1, 2006:

1C6X1, Zone A, 2.0 (space systems operations)

1N2X1, Zone A, 2.0 (communications signals intelligence production)

3E9X1, Zone A, 1.5; Zone B, 1.0; Zone C, 1.0 (readiness)

3P0X1A/B, Zone A, 2.0 (security forces)

4J0X2, Zone A, 1.0 (physical medicine)

Reduced, effective July 1, 2006:

1A2X1, Zone A, 2.5 (loadmaster)

1A3X1, Zone A, 3.5 (airborne communications and electronic systems)

1A4X1, Zone A, 2.0; Zone B, 2.0 (airborne battle man-

agement)

1C5X1D, Zone A, 3.0 (aerospace control and warning systems)

1N3X2A, Zone A, 4.5; Zone B, 4.0 (romance cryptologic linguist)

1N3X3A/D, Zone A, 4.5; Zone B, 4.0 (Slavic cryptologic linguist)

1W0X1, Zone B, 1.0 (weather)

9L0X0, Zone B, 5.0 (interpreter/translator)

Removed, effective July 1, 2006:

2E2X1, All (communication, network, switching and crypto systems)

Senior Master Sgt. Patrick

Lavender, Air Force Enlisted Force Management Division manager here, implemented a new SRB analysis process that objectively identifies SRB candidates and recommends the best allocation of multiples while staying within budgetary constraints. The new process increases the validity of the SRB program and ensures the right skills are targeted with the most cost-effective multiples.

For more information on the SRB changes, contact the military personnel flight reenlistment office at 535-4201 or visit the Air Force Personnel Center Web site.



Airman 1st Class Anthony Suk threads a 4-inch galvanized pipe for a water line to make it fit the length they need.



Above: Valentim Martins checks the chlorine at base pool. Below: Dunois Toledo checks gauges at the water plant. (Photos by Guido Melo)



Behind the scenes *Utilities shop keeps Lajes water running*

By Staff Sgt. Christin Michaud
65th ABW Public Affairs

They're the first people called when there is a plumbing problem, but they are responsible for much more at Lajes Field – they keep the water running.

The 65th Civil Engineer Squadron utilities shop is comprised of five military members and 16 civilians.

"There's always something new," said Staff Sgt. Kellen Buss, Utilities System Journeyman. "You never see the same thing twice."

His co-worker echoed that. "There is no typical day," said Staff Sgt. Cona Billyzone. "Everyday is a new challenge that needs to be met."

The sergeants and their counterparts oversee 22 million gallons of water here each year.

"Water affects everyone's way of life in one way or another whether you think it does or not," said Gary Hallett,

Infrastructure Shop chief. "Water affects anywhere from our fire fighting capabilities to the water that runs from your sink. But just any old water can not be used; the utilities shop runs the untreated water through various systems to provide top quality water for the base population.

"The one part of the career field that many people don't realize we maintain is our fire fighting systems," he added. "The utilities shop maintains more than 287 fire hydrants and 105 fire suppression systems on and off base.

Personnel conduct various tests including daily fire suppression maintenance to ensure that the proper fire-fighting capabilities are available anytime, anywhere.

The fire systems are the highlight of Laurindo Silva's job with the utilities shop. He's been working in the career field for 27 years.

The crew is also responsible for

maintaining five water storage areas, nine water distribution pumps, seven potable wells and 535 backflow prevention devices.

"On top of all this they do maintenance on various facilities and ensure that the sanitary sewer system is clean, jetted and repaired from the point of use to the sewage treatment plant," Mr. Hallett said. "But during the summer time, they perform a task that affects a great part of Lajes moral. Our utilities shop ensures that our base pool is clean, chlorinated, and properly maintained during the summer months here in Lajes."

The team is always on standby for any water emergency here.

"If any emergencies pop up, we stop what we are doing and attend to either a water break or a sewage stoppage," said

See **UTILITIES** page 7



UTILITIES continued from page 6

Sergeant Buss.

While completing a job offers a great sense of accomplishment for Senior Airman Jeremy Morton, the job also requires the ability to adapt to different scenarios and be able to succeed under pressure and time constraints, he said.

A challenge Sergeant Buss faces in his position is getting called out at any hour of the night to fix a 5-minute job. "It can turn into a 2-hour job because you don't have the right parts on hand," he said.

In some instances, they may have to wait for certain parts, explained Sergeant Billyzone. They may have to wait sometimes months for parts to get here from the states.

When it's all said and done though, he likes "standing back after a big project is completed and seeing a satisfied customer," he said.

The utilities shop brings water to the Lajes community for survival, safety and recreation. People may not always notice them, but the team is on call whenever they are needed.

"They are behind the scenes everyday, but never get noticed until something breaks," said Maj. Lou Lilley, 65th CES. "We seldom take the time to recognize the 99.99 percent of the time things are going right."



Top: Jose Meneses jets a sewer main.

Above: Senior Airman Jeremy Horton and Staff Sgt. Kellen Buss perform a flow test on a hydrant.

Airman's Attic here to host open house

By **Angie Erickson**
Volunteer

Calling all stay-at-home spouses and, of course, our Airmen to take advantage of wonderful "free" stuff at the Airman's Attic, Bldg. T-125, during a special open house on July 7, from 10 a.m. to 5 p.m.

The Airman's Attic, located directly behind Airman and Family Readiness Center – formally known as the Family Support Center, offers a smorgasbord of items which include uniforms, household

and baby items, clothing, toys and much more.

"There's something for everyone," said Master Sgt. Savina Hughes-Thomas, Airman and Family Readiness Superintendent. "And our Attic is open to all ranks."

Besides being a great place to bag up great free stuff, there are thousands of consumer product coupons sent from caring supporters back in the United States.

"These coupons can save your family hundreds of dollars, while shopping at the Lajes Commissary and

Base Exchange during your tour," smiles Sergeant Hughes-Thomas. "One of our spouses saves an average of \$25 per week. In the course of two years that could save her family \$2,600!"

However, perhaps the best news? There is a toy room for the kids that can be used while parents browse the shelves or sort through those coupons.

It's all here. The Airman's Attic is also directly connected to the Loan Closet – designed to help transitions of coming and going a bit

smoother, loaning necessities like kitchen items, iron and ironing board and more. *(Speaking of PCS, donations are greatly appreciated at the Attic.)*

Since the summer and PCS season is here it's a great time to shop for kids' play clothes for the summer and what better time than during the open house when people can enjoy hourly drawings for fabulous prizes and tasty baked goods.

For more information, call 535-4146.

One way to go: traveling by commercial bus

By **Ed Lima**
Community Relations Adviser

Question: Are there any commercial buses that travel among the base, Praia and Angra? If so, where can I go to catch them?

Answer: The local bus company, Empresa de Viação Terceirense (EVT), has several buses running between the base and Praia and between Praia and Angra as well as to other local towns.

The buses stop at the bus stops identified with a small circular or rectangular sign with the letters EVT, which are usually placed next to shelters built on the side of the streets. However, some of those signs have disappeared in some locations probably due to acts of vandalism or other unknown causes.

Bus stops on base are located at the square in front of the Portuguese Air Force gymnasium, between billeting facilities T-144 and T-155, directly across from the base chapel, in front of 65th Air Base Wing Headquarters (T-100) and in front of the Portuguese Passenger Terminal across from Bldg. T-615. Bus stops off base are spread out throughout the different towns.

Bus fares are obviously based on the distance traveled and the cost can range from a few cents to two, three or even four euros.

The bus schedule between the base and Praia and between Praia and Angra is listed in the chart on the right. For other bus itineraries and costs, visit the EVT office at #15, Rua Padre Rocha Sousa in Praia or call 295- 512-171.

Bus schedule

Below is the bus schedule between the base and Praia and between Praia and Angra. For other bus itineraries and costs, visit the EVT office at #15, Rua Padre Rocha Sousa in Praia or call 295-512-171.

Base – Praia

Weekday Schedule

Departs Praia	Departs Base
7:30 a.m.	7:20 a.m. (c)
	8 a.m. (c)
8:30 a.m.	9 a.m. (c)
12 p.m. (a)	12:30 p.m. (b)
1 p.m. (a)	1:30 p.m. (b)
3:30 p.m.	4 p.m.
4:15 p.m. (a)	5 p.m.
6:05 p.m. (a)	6:30 p.m. (d)

Saturday Schedule

Departs Praia	Departs Base
7:30 a.m.	8 a.m.
8:30 a.m.	9 a.m. (c)
12:15 p.m. (a)	12:45 p.m. (b)
	4 p.m.
4:30 p.m.	5 p.m.

- a)** Goes up Santa Rita Hill and ends at Serra São Tiago (behind the Civil Engineer compound)
- b)** Starts at Serra São Tiago and goes down Santa Rita Hill.
- c)** Exits base through Beira Mar Gate, goes to Serra São Tiago and goes down Santa Rita Hill.
- d)** Starts at Serra São Tiago and goes down Santa Rita Hill

Praia – Angra

Weekday Schedule

Buses depart simultaneously from Praia and Angra on the hour starting at 6 a.m. and ending at 7 p.m.

Saturday Schedule

Departs Angra	Departs Praia
6:15 a.m.	6 a.m.
7 a.m.	7 a.m.
8 a.m.	8 a.m.
9 a.m.	9 a.m.
10 a.m.	10 a.m.
11 a.m.	11 a.m.
12 p.m.	12 p.m.
1 p.m.	1 p.m.
3 p.m.	2 p.m.
5 p.m.	4 p.m.
7 p.m.	6 p.m.

Sunday Schedule

Departs Angra	Departs Praia
9 a.m.	8 a.m.
11 a.m.	10 p.m.
1 p.m.	noon
3 p.m.	2 p.m.
5 p.m.	4 p.m.
7 p.m.	6 p.m.

Questions about lower back pain answered

People with lower back pain are not alone. Nearly everyone at some point has back pain that interferes with work, routine daily activities or recreation. Americans spend at least \$50 billion each year on low back pain, the most common cause of job-related disability and a leading contributor to missed work. Back pain is the second most common neurological ailment in the United States — only headache is more common. Here at Lajes, back pain diagnoses make up approximately 2 percent of all diagnoses. Fortunately, most occurrences of low back pain go away within a few days. Others take much longer to resolve or lead to more serious conditions. Acute or short-term low back pain generally lasts from a few days to a few weeks. Chronic back pain is measured by duration — pain that persists for more than 3 months is considered chronic. It is often progressive and the cause can be difficult to determine.

What causes lower back pain?

Most low back pain follows injury or trauma to the back, but pain may also be caused by degenerative conditions such as arthritis or disc disease, osteoporosis or other bone diseases. Obesity, smoking, weight gain during pregnancy, stress, poor physical condition, posture inappropriate for the activity being performed and poor sleeping position also may contribute to low back pain. Occasionally, low back pain may indicate a more serious medical problem.

Who is most likely to develop it?

Nearly everyone experiences low back pain at some point in their life. Men and women are equally affected. It occurs most often between ages 30 and 50, due in part to the aging process but also as a result of sedentary life styles with too little (sometimes punctuated by too much) exercise. Low back pain unrelated to injury or other known cause is unusual in preteen children. However, a backpack overloaded

with schoolbooks and supplies can quickly strain the back and cause muscle fatigue. To avoid back strain, children carrying backpacks should bend both knees when lifting heavy packs or while visiting their locker or desk between classes to lighten loads or replace books. Parents may consider purchasing a backpack or airline tote on wheels.

How is it diagnosed?

A thorough medical history and physical exam can usually identify any dangerous conditions or family history that may be associated with the pain. The physician will examine the back and conduct neurological tests to determine the cause of pain and appropriate treatment. Blood tests may also be ordered. A variety of diagnostic methods are available to confirm the cause of low back pain: X-rays, myelograms, computerized tomography, magnetic resonance imaging, electro diagnostic procedures bone scans, ultrasound imaging, etc.

How is back pain treated?

Home care: As soon as possible following trauma, patients should apply a cold pack or a cold compress (such as a bag of ice or bag of frozen vegetables wrapped in a towel) to the tender spot several times a day for up to 20 minutes. After 2 to 3 days of cold treatment, they should then apply heat (such as a heating lamp or hot pad) for brief periods to relax muscles and increase blood flow. Resting in bed with pillows under the knees may reduce pressure or strain to the lower back. Exercises as recommended by a doctor or physical therapist should be performed. Over-the-counter analgesics such as aspirin, naproxen and ibuprofen may be taken orally to reduce stiffness, swelling, and inflammation and to ease mild to moderate low back pain. When back pain does not respond to more conventional approaches, call the clinic for an appointment at 535-3261.

Quick tips to a healthier back

When asked on tips for a healthier back, Capt. (Dr.) Mark Anderson, a provider at the 65th Medical Group said, "I've found that a daily or twice daily back stretching routine can alleviate and also prevent most back pain."

Quick tips

- Always stretch before exercise or other strenuous physical activity.
- Don't slouch when standing or sitting.
- At home or work, make sure your work surface is at a comfortable height for you.
- Sit in a chair with good lumbar support and proper position and height for the task. Keep your shoulders back.
- Wear comfortable, low-heeled shoes.
- Sleep on your side to reduce any curve in your spine. Always sleep on a firm surface.
- Ask for help when transferring an ill or injured family member from a reclining to a sitting position or when moving the patient from a chair to a bed.
- Don't try to lift objects too heavy for you. Lift with your knees, pull in your stomach muscles, and keep your head down and in line with your straight back. Keep the object close to your body. Do not twist when lifting.
- Maintain proper nutrition and diet to reduce and prevent excessive weight, especially weight around the waistline that taxes lower back muscles.
- If you smoke, quit. Smoking reduces blood flow to the lower spine and causes the spinal discs to degenerate.

Where can I get more information?

Information is available from the following organizations: American Chronic Pain Association at <http://www.theacpa.org> or by calling 916-632-0922 or 800-533-3231; and American Pain Foundation at <http://www.painfoundation.org> or by calling 888-615-PAIN (7246). (Submitted by the 65th Medical Group)

SFS Blotter

June 20

Complainant telephoned AB#4 Controller to report a fraudulent \$100 bill was discovered at T-207/Ocean View Base Exchange/Cashier's Cage in a closed money bag from T-323/Shoppette. Complainant stated that morning he received the bag from T-323/Shoppette and began to count it. When he touched the bill he thought it was counterfeit due to the feel of the paper. He locked the bill in a safe inside the cashier's cage. PSP took possession of the evidence in question; the response was terminated.

June 20

SFS noticed an unsecured vehicle in the parking lot adjacent to T-714 with the windows rolled down and keys in the ignition. SDCC attempted to make contact with person responsible for vehicle without a response from whom the vehicle belongs to. SFS confiscated the vehicle's keys for safekeeping, and secured the vehicle. A

issued DD Form 1408 for an abandoned vehicle.

June 22

SDCC was notified by AB#4 Controller that they found a portion of the fence pulled up from the ground high enough to allow access to the base. The damage was located in the fence near Gate-3. The damage is now fixed.

June 24

LOCATION: T-307/Community Center

Complainant telephoned to report a Sony Play Station 2 game console was stolen by unknown person(s). He conducted an inventory inspection of equipment with the recreation aid and found that a Play Station 2 controller and Madden 2005 Football game were also missing. A witness stated that she went to close up the Sun and Sand Hut and noticed a Play Station console missing and the back door of T-307 was open. The complainant informed SFS.



PLANNER



Hours of operation

Ocean Front BX (Bldg. T-207) Phone: 535-3444

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m.; and Sunday 10 a.m. to 8 p.m.

Flight View BX (Bldg. T-627) Phone: 535-5236

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Saturday 10 a.m. to 8 p.m., Sunday 10 a.m. to 5 p.m.

Shoppette (Bldg. T-323) Phone: 535-3280

Monday-Friday 7:30 a.m. to 11 p.m.; Saturday 9 a.m. to 11 p.m. and Sunday noon to 8 p.m.

Military Clothing Sales Store (Bldg. T-627)

Phone: 535-3816

Tuesday - Saturday 10 a.m. to 6 p.m.

Car Care Center (Bldg. T-320) Phone: 535-5125

Sunday 10 a.m. to 5 p.m.; Monday-Saturday 10 a.m. to 6 p.m.

Furniture Store (Bldg. T-800)

Wednesday-Friday noon to 5 p.m.; Saturday 10 a.m. to 5 p.m.

Reel Time Theater (Bldg. T-300) Phone: 535-4100

Showings Wednesday-Sunday

Beauty Shop (Bldg. T-400) (Walk-In Available) Phone: 535-4124

Tuesday-Saturday 10 a.m. to 6 p.m.

Barber Shop (Bldg. T-

400) Phone: 535-3396

Tuesday-Friday 9:30 a.m. to 6 p.m.; Saturday 8:30 a.m. to 5 p.m.

New Car Sales (Bldg. T-202) Phone: 535-3173

Monday-Wednesday 10 a.m. to 6 p.m.; Thursday-Friday noon to 8 p.m.

Air Terminal Gift Shop (Bldg. T-612) Phone: 535-3227

AAFES Administrative Offices (Bldg. T-800)

Phone: 535-3209 Monday-Friday 8 a.m. to 5 p.m.

Ilha Rent-a-Car (Bldg. T-207) Phone: 535-1278

Monday-Saturday 9 a.m. to 6 p.m.

Frank's Franks (Bldg. T-207) Phone: 535-1123

Monday-Sunday 11 a.m.

to 6 p.m.

Vescovi Coffee Shop (Bldg. T-207) Phone: 535-1123

Monday-Sunday 7 a.m. to 6 p.m.

Burger King (Bldg. T-169) Phone: 535-3849

Monday-Thursday 7 a.m. to 9 p.m.; Friday-Saturday 7 a.m. to 11 p.m.; and Sunday 8 a.m. to 9 p.m.

Holiday schedule:

AAFES Ocean View BX and Flight View BX and Burger King are closed on Portuguese Holidays. The shoppette, will open from noon to 8 p.m., and MCSS will be open from noon to 6 p.m. All facilities are open normal hours on U.S. holidays.

Tradewinds Dining Facility Menu

Today

Lunch: Seafood Newburg, Beef and Corn Pie and Roast Turkey*

Dinner: Simmered Corn Beef,* Pineapple Chicken and Yankee Pot Roast

Saturday

Swedish Meatballs and Creole Fish*

Dinner: Baked Fish,* Hungarian Goulash and BBQ Chicken

Sunday

Brunch: Oven Fried Fish* and Cantonese Ribs

Dinner: Stir Fry Beef and Broccoli,* Turkey Nuggets and Steak

Monday

Lunch: Pot Roast, Baked Stuffed Fish* and Roast Pork Loin*

Dinner: Chili Mac,* Beef Cannelloni and Southern Fried Chicken

Tuesday

4th of July Brunch: Loin Strip, BBQ Spare Ribs and Herbed-Baked Chicken

Dinner: Country Captain Chicken,* Meatloaf and Turkey A La King

Wednesday

Lunch: BBQ Ham Steak,* Turkey and Noodles and Beef Stroganoff

Dinner: Lemon- Herb Chicken,* BBQ Spareribs and Stuffed Pork Chops

Thursday

Lunch: Cajun Meal: Jambalaya, Cajun Baked Fish* and Cajun Meatloaf

Dinner: Roast Pork,* Jaeger schnitzel and Glazed Cornish Hens

*Denotes Healthy Heart item
Menu subject to change

At the Movies

Today: 7 p.m. - Hoot - starring Luke Wilson, Logan Lerman

When a Montana boy moves to Florida and unearths a disturbing threat to a local population of endangered owls, three middle-schoolers take on greedy land developers, corrupt politicians, and clueless cops. Determined to protect his new environment, the boy and his friends fight to prevent the adults from making a big mistake. Rated PG (mild bullying, language) 90 min

Today: 10 p.m. - Stick it starring Missy Peregrym, Vanessa Lengies

A 17 year-old, ex-gymnastics star with big family problems finds herself on the wrong side of the law after one-too many arrests. Forced back into the regimented world of gymnastics to clean up her act, she rediscovers her love of the sport and gets the chance to make peace with her dysfunctional life. Empowered by her transformation, she rallies fellow gymnasts to protest and outsmart outdated scoring methods at the National Championships. Rated PG-13 (crude remarks) 105 min

Saturday: 7 p.m. - Superman Returns starring Brandon Routh, Kate Bosworth, Kevin Spacey, James Marsden, Eva Marie Saint, Frank Langella and Sam Huntington

While an old enemy plots to

render him powerless once and for all, Superman faces the heartbreaking realization that the woman he loves, Lois Lane, has moved on with her life. Or has she? Superman's bittersweet return challenges him to bridge the distance between them while finding a place in a society that has learned to survive without him. In an attempt to protect the world he loves from cataclysmic destruction, Superman embarks on an epic journey of redemption that takes him from the depths of the ocean to the far reaches of outer space.

Saturday: 10 p.m. - United 93 - Starring Ben Sliney, Opal Alladin

A drama that tells the story of the passengers and crew, their families on the ground and the flight controllers who watched in dawning horror as United Airlines Flight 93 became the fourth hijacked plane on the day of the worst terrorist attacks on American soil: September 11, 2001.

Rated R (language, terror, violence) 111 min

Sunday: 2 p.m. - Hoot; 7 p.m. - Superman Returns
Wednesday: 7 p.m. - United 93

Thursday: 7 p.m. - Superman Returns

Next week: RV, Poseidon, Goal! The Dreams Begin



EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

In the Community

Street Bullfights: Saturday: 6:30 p.m. Largo São João, Fontinhas; 6:30 p.m. Santa Barbara; 6:30 p.m. Posto Santo; **Sunday:** 6:30 p.m. Largo São João, Fontinhas; 6:30 p.m. Modelo store in Angra; Cinco Ribeiras; **Monday:** 6:30 p.m. Bicas de Cabo Verde; **Wednesday:** 6:30 p.m. Casa da Ribeira; 6:30 p.m. Senhora da Ajuda, Vila Nova; **Thursday:** 6:30 p.m. Casa da Ribeira; **and July 7:** 6:30 p.m. Corpo Santo, Angra

Miscellaneous

Alanon: An open Alanon meeting is scheduled for 7 p.m. Thursdays in the chapel (T-305). For more information, contact 295-513-297.

WICO: The Woman, Infants and Children's overseas program's new hours are Tuesday through Thursday 9 a.m. to 2 p.m. It is located in Bldg. T-425, Room 122. For more information or for an appointment, call Hope McKendree at 535-1440.

Playgroup: The EDIS playgroup will meet at the youth center gymnasium Tuesday from 10 to 11 a.m. For more information, call 535-3194.

CDC openings: The Child Development Center has openings in the infant and toddler rooms for hourly care. For details, call 535-3188.

Fitness

Independence Day 5K fun run: 7:15 Wednesday at the fitness center.

Boxing: Boxing is offered in Building T-203 Monday, Wednesday and Friday 5:30 to 7 a.m. Monday, Wednesday and Thursday 5:30 to 7:30 p.m.

For more information or to sign up, call Staff Sgt. Ray Sandoval at 535-3457.

DoDDS

Summer office hours:

The Elementary School office is combining with the High

School office as one Lajes American School office located in the present High School office. The office will be open Monday-Friday from 8:30 a.m. to 4 p.m. through the summer break period with the exception of July 4. New families can register anytime. For details, call 535-4151.

Jobs/Volunteer

Pentagon Federal Credit Union: Pentagon Federal Credit Union has a job opening for a Branch Service Representative. Previous banking experience preferred. DEROS must be after Mar 08.

Apply at Bldg. T-202 or call 295-513221 for information.

Softball Umpires wanted: The Chace Fitness Center is looking for individuals to officiate softball games. Plate umpires earn \$29 per game and field umpires make \$24 per game. Applicants must have some softball knowledge, but will be fully trained and certified by a representative of the American Softball Association. Applicants currently playing in the Lajes Ladies, Coed, or Intramural leagues will not be allowed to officiate any game in their league of play. For more information, call 1st Lt. Adam Vaccarezza at 535-1290.

AAFES U.S. positions: AAFES is now accepting applications for student hires as intermittent store associates and stockers. AAFES offers a flexible work schedule for students with free to who wish to join them for a different and challenging experience.

There is also an opening senior store associate at the furniture store. Applicants must be able to work a flexible schedule. Applications are available at all AAFES facilities. Anyone who has applied with AAFES in the past, may wish to resubmit an application since they are only kept on file for 6 months. For more information, call AAFES Human Resources Office, Bldg. T-800, at 535-3634 or 3209.

English instructor: Central Texas College is seeking an instructor to teach English

as a Foreign Language. Contact CTC at 535-6722.

Education

University of Maryland University College - Europe: Students can earn certificates, and associate, bachelor's and master's degrees in a broad selection of disciplines -- many classes available online.

Oklahoma University: The next course being offered for the Fall is HR 5092-223, Introduction to Graduate Studies in Human Relations, a core course towards the Master of Human Relations degree. The course dates are Aug. 22-27. The last day to add or drop will be July 24.

For more information call Jaclyn Kemp at 535-3171.

For details on chapel events, call 535-4211.

Central Texas College: For the month of July Central Texas College will be open

Monday – Friday 8 a.m. to noon. The deadline to enroll in Distance Education for 24 July is 3 July. Registration is Aug. 7-18 for Term 1. Call for more information 535-6722.

Chapel

Combined Unity Service/Farewell for Chaplain Knight: 12 p.m. Sunday at the chapel; **Can Food Drive at Mass:** 10:30 a.m. Sunday at the chapel; **Catholic Women of the Chapel Mass and dinner:** 6 p.m. Jul. 12 at the chapel; **Men's Spiritual Leadership Training/Breakfast:** 8 a.m. Jul. 15 at the chapel; **New Creation Café:** 7 p.m. Jul. 21 at Eddies Place; **Little Flowers Girls' Club:** 3 p.m. Jul. 24 at T-1415B; and **SUM Dinner** hosted by the 65th Medical Group: 5:30 p.m. Jul. 27 at the Chapel.

For more information on chapel events call 535-4211.

Classified Ads

E-mail ads to news@lajes.af.mil. Ads are due by 5 p.m. Friday. Please remember to notify the Crossroads when items have been sold.

Free to good home: two turtles (4" long 3" wide) along with supply of food and accessories. Call 295-549-252 from 10 a.m. to 6 p.m. for more info.

For Sale: White Toyota Tercel 1991 with 124K miles and no problems. -Excellent condition with 14" wheels and mp3 CD 200W car stereo with auxiliary wire for portable mp3 players. New Rotors, Brakes, Wheels, and Tires. Asking \$2,500 or best offer. Contact Clint Crabtree at H-295-516-317 or W-295-576-833.

For sale: PCSing to a cold climate? White 2003 Explorer Sport Trac XLT Fully equipped for the cold climate with 4X4 & Engine block heater PLUS, Remote Starter for those cold mornings. Fully loaded with everything else! Seats 5 comfortably 19,200 miles, fully loaded. \$17,500 Firm. Must sell by July Call 295-594-650 after 5 p.m.

For sale: 1992 Fiat Uno - runs great! 4 door/ standard shift 4 new tires, new brakes inspection good till Nov '06 Leaving July 11 - Must sell! 1000 euros OBO 964-125-077 or 912-260-381

Moving sale: Dehumidifier (110V) works great - \$40; Beginner Men's golf clubs and bag (brand new-never used) - \$100; Golf clubs Wilson Men's tall (titanium/graphite) and bag - \$75; Golf Bag Women's Wilson (Pink/Grey) never used - \$35; Cruiser Golf Cart (still in box never used) - \$35; VCR (110V) - \$40 (great condition - only used few times); 21" TV w/built in DVD player Samsung multisystem (110V or 220V) - \$150; Espresso/Cappuccino Machine (Barely used purchased for 200 euros) - \$100; Plastic table w/4 chairs (outdoor set) - \$40; Grill w/2 propane tanks - \$50; Long Pinewood Picnic Table w/2benches - \$40; Mini Exercise Trampoline - \$10; Ceiling Fan (never used-still in box) 110V - \$20 and Converter Box Autotransformer (300W) transforms 220v into 110v - \$30. All items available immediately. Call 964-125-077 or 912-260-381

For sale: Fabrics and beads. Getting rid of my hobby materials. Prices vary. For more info, contact Elleva at 295-549-609

For sale: Combi stroller with storage area below. Six years old. Originally sold for \$100+ - \$20. White toddler bed w/o mattress - \$10. Contact Sandy 295-549-609.

For Sale: 2005 Toyota Camry LE, automatic, black exterior, 4-cyl (great on gas!), only 10,500 miles, remote entry/alarm, power locks/windows, AM/FM/CD, factory tint, spoiler, dealer maintained, warranty. \$18,500. Call 295-549-609.

For Sale: 93 Honda Accord/Coupe Euro Spec., 5 Speed Transmission, A/C, Power Everything, Extremely Reliable!! Perfect for PCSing to Europe!!! Asking \$2,500 Call 295-549-802 or 535-5259

Need a PCS gift? 500+ images from the collection of James O'Rear are available at the skills center for application to tiles, mugs, etc. Wide selection of island and military shots to choose from.

PCS Sale: Sewing Machine cabinet - \$50; Gas Grille - \$65; Large dog kennel - \$35; 1999 Toyota Corolla, 4DR, PS, PL, PW, A/C, Stereo Radio/Cassette, 77K miles, excellent condition, inspection good til Jan 07, NADA retail - \$6,200, asking \$4,900. Free to good homes - two male half lab/half blue heeler dogs; neutered, all shots current; includes houses, leashes, collars, etc. Great pets/guard dogs. Contact Paul or Paula: Work 535-6113; Evenings 295-549-270

For sale: Open Speedster 2001 Convertible 2.2L. 5 speed, 25,650 KM CD player, New tires and brakes. inspection is good until April 2007 Portuguese plates, inside is leather black and red. excellent condition. Asking 23,000 euros OBO For more information, call 295-218-978 or cell 966-263-408 Or e-mail myangelk@sapo.pt or kev_n_alda@yahoo.com for pictures.

Freedom Fest 2006

*July 4 @ 4 p.m.
Security Forces Field*

*Fireworks begin
at 10:30 p.m.*

Event will include:

- ☐ *Kids Fun Center*
- ☐ *Food and beverages*
- ☐ *DJ and live entertainment*

Photo by James O'Rear

*Bus transportation will run from the base commissary
to the site from 4 p.m. until midnight.*